



MAUNA LANI

Sports & Fitness Club

2017 SPORTS & FITNESS FEES

PRIVATE SESSIONS – STRENGTH TRAINING, PILATES, YOGA & AQUA

Personal Training	50 - Minute Session	\$90	Pkg. of 3/\$240
Physical Therapy	60-minutes	\$175	
Aquatic Therapy	60-minutes	\$175	
Swimming Lessons	50-minutes	\$90	Pkg. of 3/\$240

FITNESS & WELLNESS CLASSES

Single Class	\$16
Package of 5	\$70
Package of 10	\$120

TENNIS - PRIVATE PRO LESSONS

One hour Lesson	\$100
30 - Minute Lesson	\$60
Semi-Private Lesson	add \$25 to above prices
Video Analysis	add \$30 to above prices

TENNIS CLINICS

One Hour Clinic	\$35
Junior Clinic	\$35

FACILITY FEE FOR FITNESS & TENNIS

Day Facility Pass	\$25 per person
Weekly Facility Pass	\$125 per person

OTHER SERVICES

Ball Machine	\$30 per hour
Racquet Stringing	\$22 Labor + cost of string
Court Fees	\$30 per hour
Match setting service fee	\$30*

*Persons requesting a match pay the entire court fee

All rates quoted are subject to Hawaii State taxes of 4.166%

**Prices and schedules are subject to change. Sports & Fitness Club facilities are for members, facility pass holders and registered guests of Mauna Lani Bay Hotel (part of the RAP inclusion). Purchase of individual classes does not include use of the facilities. Please see a Sports Club associate for inquiries about membership.*

OPEN DAILY 6:00 AM - 7:00 PM*

*Tennis Courts open at 7:00 PM

MEMBERSHIP INFORMATION 808.885.7755

Email: fitness@maunalani.com

Mauna Lani Sports & Fitness Club • 68-1365 Pauoa Road • Kohala Coast, HI 96743

MIND & BODY CLASSES

AI CHI An Aquatic-based Tai Chi, held in the Lava Watsu pool. Incorporates breathing techniques with fluid, full-body movements to improve balance and flexibility.

CHI KUNG –Life Force Work. Using various movements along with stillness you'll learn to build, store and manipulate your life force/energy.

CLASSICAL TAI CHI CH'UAN-Grand Ultimate Fist. Moving meditation that enhances all aspects of body, mind and spirit.

GENTLE BEACH SIDE YOGA Held ocean front at Mauna Lani Bay this yoga class is suitable for all levels.

GENTLE BEACHSIDE MORNING STRETCH Start your day with a calming stretch and relaxation class by the ocean. All levels.

FLOW YOGA This integrates breath and movement in a flow celebrating life as a moving meditation. All levels

HATHA YOGA Various yoga poses with awareness of body alignment and breath.

VINYASA YOGA A flow style of yoga using gentle stretches and continuous movement combined with the breath, weaving yoga poses together. Yoga experience needed.

RESTORATIVE YOGA A gentle, calming, therapeutic style of yoga that eases the body into relaxation and balance.

OCEANSIDE MEDITATION A relaxing hour as various meditation styles are offered to calm your mind and relax your body. Meet at the Milo Tree.

CARDIO & STRENGTH CLASSES

WATER AEROBICS Tighten and tone all muscle groups using fun cardio exercises and water resistance.

BARRE An upbeat class incorporating light weights and props. Based on ballet, pilates and resistance training to develop lean sculpted muscles with low impact exercises. All levels welcome.

BODY SCULPT A combination of strength training using weights, body weight exercises and high intensity cardio intervals. For all fitness levels.

CARDIO YOGA A high-energy, upbeat, dynamic fusion of power yoga, dance, balance, strength & plyometrics. Intermediate. All levels welcome.

PILATES MAT A muscle conditioning and flexibility class. Tones and corrects posture, and improves alignment.

PILATES TRX Traditional Pilates mat exercises with TRX resistance and TRX straps to work on strengthening and lengthening core muscles.

SPINNING Indoor cycling to ignite your fitness level. Spin your way to a slimmer healthier body. Suitable for all levels.

SPIN TRX SPINNING Incorporating TRX resistance training.

SPIN CIRCUIT A high energy cardio interval workout utilizing various pieces of equipment.

BOOT CAMP-Cardio Circle. A high energy indoor-outdoor circuit class. Incorporates cardio intervals with full body strength training.

TENNIS CLINICS

ADULT TENNIS CLINIC A fast, fun-filled drill session gives you tools to improve your game. 3.0 level and above. Sign up is required. 808.885.7755

SPECIALITY CLINIC Adult beginner, kids all levels, cardio & theme clinics. Get started in the game or improve your skills. Times vary. Sign up is required. 808.885.7755

MEN'S & WOMEN'S DOUBLES Standing weekly games of Women's Doubles 3.5 – 4.5 & Men's (age 50+) Doubles 3.5+, and Men's Open doubles. Times vary. Sign up is required 808.885.7755

SWIM CLASSES

MASTER SWIMMING WORKOUT This is a structured workout to help swimmers and triathletes become stronger and faster with greater endurance. Workouts scaled upon ability. Uses drills to improve technique.

STROKE CORRECTION & SWIM WORKOUT Focus is on stroke correction along with a structured workout to improve efficiency and endurance. Sessions are individualized based upon ability.

SWIMMING STROKE CORRECTION Improve your technique and efficiency of the freestyle stroke. Class is for swimmers.